This show is intended to be therapeutic. It helps us, the veterans, regain our grasp on who we are.

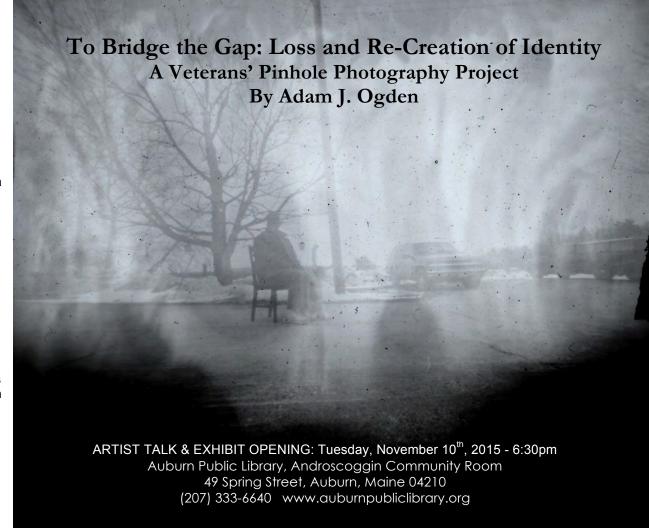
Conflict and its legacies can distort a person's sense of self. Identity gets pushed and pulled, squeezed and stretched. It gets bruised; sometimes it is left in shards. But it heals.

Like a limb released from a cast, though, the healing identity needs exercise.

This project is exercise for the hands, the eye, the mind, and, I hope, for the spirit.

The process of creating the images mirrors our prime questions: Where do I want to be, and how much of *me* am *I* willing to expend to get there?

To answer those questions is to bridge the gap between loss and re-creation of identity. The paradox of identity is that we don't create ourselves by ourselves. Our peers, in this work, are supportive hands in our recovery and our return.





"I went with the group of Veterans from Togus to take pinhole camera images at the Arsenal in Augusta, Maine. This wall abuts the river and I was interested in the vegetation growing from the cracks in the stonework" Adam Ogden collaborated with Johanna Moore and used pinhole cameras that she made for her Kennebec River Solargraphy project for this workshop and outing.